



Health Coalition for Communities of Color (HC3)

Presents

Reclaim Your Health

Men & Women's Health Issues Presentation

Saturday, May 8, 2010

10:00 a.m. – 1:00 p.m.

Evergreen State College - Tacoma • 1210 6th Avenue • Tacoma, WA

Come and discover new tools to prevent and ease diabetes and heart disease.

PLEASE WEAR EXERCISE CLOTHING

GIVE-A-WAYS

First 10 participants at the event will receive one **FREE** movie pass to Regal Cinemas and all participants will receive Stephen R. Covey's *"The 7 Habits of Highly Effective People with Diabetes"* compliments of Bayer Healthcare Diabetes Care Division and Pedometers compliments of Rx Solutions.

(Vendors and Volunteers aren't eligible for the pass)

HEALTH

FREE Blood Pressure & Blood Glucose Screening

FREE Cholesterol Vouchers Compliments of Franciscan Health System

FREE SNACKS & DRINKS

Heart Healthy Continental Breakfast Served

SPRITUAL

Healing Prayer

SPEAKERS

Nutrition: Karol Brown, RD (*The Storytellers Guide to Healthy Eating*)

Fitness: Darryl Thomas, ACE, AFFA (**Putting PLAY Back Into Your DAY**)

Keynote Speaker: Clyde R. Addison, MD (**Diabetes & Heart Disease**)

RAFFLE

Valuable raffle prizes

For pre-registration and/or questions, please contact:

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Community Partners: Community Health Care of PC, Ebony Nurses, Franciscan Health System, The Tacoma Pierce County Health Department, The Tacoma Amputee Support Group, Bayer Healthcare Diabetes Care Division, Planned Parenthood of Western Washington, Pierce County AIDS Foundation, The Black Collective, Tacoma NAACP, Tacoma Urban League Guild, Allen AME Church, Indian Health Systems, Alpha Kappa Alpha Sorority, Delta Sigma Theta Sorority, St. John Baptist Church & Health Ministry, Bethlehem Church & Health Ministry and MultiCare Health System